

Best Juicer Machine Reviews

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My Juicer Machine Reviews; A Qwest to Find the Best Juicer Machine

Juicing is the BEST for Weight loss!

Posted on **May 20, 2011** by Jodi



Before and After three 35 day juice fasts and changing my diet to include more raw foods. Lost 145 pounds, went off insulin, cleared my skin, lowered

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**Hurom Juicer Featured on TV -
Martha Stewart Show**



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**The New SILVER Hurom Slow
Juicer**



my blood pressure and cholesterol. Overall – healthier and much happier! I tried so many diets, pills etc and juicing for weight loss is the only thing that has worked for me.

I learned about juicing for weight loss several years ago after suffering from obesity and many other health challenges. I was searching for a way to revive my body using a natural non-toxic method. I was astounded at the testimonials of people who used juicing to rejuvenate their bodies, mind and spirit.

I learned about the benefits of drinking fresh green smoothies after reading testimonials from people who had been very ill, overweight and cured their bodies with juicing. As soon as i started to see all the before and after photos..i knew i needed to start a juice fast! I wanted to lose a hundred pounds and cure my body of my many ailments- high blood pressure, diabetes, acne, obesity, high cholesterol and depression.

There are testimonials of people who have recovered their health through juicing fresh raw vegetables. At first i did not want to spend any money on a juicer, as i was really ill and could not afford a juicer. So I started juicing with a blender, but realized i needed a better way to make my green smoothies. But it wasn't working out using one of those cheap blenders. I basically could not drink down a globby green thick smoothie. I needed a juicer! I realized my health was worth everything! So i ended up borrowing money from family, as it was really important to get well.

I was really confused at first since there were so many different types of juicer machines. I wanted to know which was the best juicer machine to revive my body.

It took a while to learn about juicing and the different types of *juicer machines*. I learned that the inexpensive juicer machines (bad!) that you see on the infomercials and in stores, are really not for people who want to really juice to improve their health or lose weight. Those inexpensive juicers that cost under \$140 dollars are usually **centrifugal juicers**. These juicers cannot typically juice the most nutritious vegetables such as wheatgrass, kale and spinach. The best juicer machine to improve your health is the **masticating juicer** machine. The masticating juicer machine makes the highest quality juice because it doesn't heat up the juice. Therefore, the masticating juicer makes the best juice filled with the most amount of vitamins, minerals and enzymes. **The enzymes from the juice is what's needed to burn fat and help cleanse cells of disease causing toxins. The cheap juicer machines kill the enymes in the juice, that is why the masticating juicer is the best.**

After finding out that the



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My family loves the Hurom Slow Juicer. Every morning we start the day with a refreshing GREEN LEMON-AID. It is so refreshing and has all the vitamins your body needs for the day to burn fat and detoxify. It makes your skin glow. And my wrinkles are softening.

Recipe for Green Lemon-aid
for 2 people

1 Cucumber

8 Celery

1 dropper of Stevia (Nu Naturals)

You can add some extra greens such as romaine lettuce, peppers and the taste will still remain delicious.

[View Hurom Juicer](#)

Why I like the Hurom SLOW Juicer over the Breville and Jack Lalanne

1. The Hurom is a masticating Juicer and uses a slow speed that does not heat up or oxidize the juice. This is better for health and



Hurom Slow Juicer the Best Juicer!

After many cut and the masticating juicer was the **best juicer** machine to buy for weight loss, i had to chose a masticating juicer. I carefully researched testimonials online and found that the **Hurom Slow Juicer** had the best reputation. I learned about the Hurom Slow Juicer after watching "the Martha Stewart Show" and then did some research. The Hurom was a masticating juicer, therefore it keeps the enzymes in the juice, so that i can lose weight. It is easy to clean. And is recommended by the leading authority on health, Mike Adams, who runs the great natural health site naturalnews.com.

In addition, the Hurom slow Juicer was awarded the best juicer by the "Bon Appetite Magazine" and was featured in other articles in "Oprah Magazine". I also saw that CBS showcased the Hurom as the best juicer by their medical doctor, Dr. Frank.

I then researched Hurom and found out that it was virtually the same machine as the OMEGA juicer. These juicers are made in the same factory by the same people. The Hurom Juicer costs less then the Omega Juicer. These two juicers both have the most upgraded durable screens and materials. The Hurom company was the original manufacturer of the juicer, and Omega purchased the juicers from the company that made Hurom. It wasn't until 2 years ago, that both juicers were offered in the U.S., which is basically selling the same juicer under two different names. The Hurom juicer is about \$30 cheaper then the Omega Vert. But they have almost exactly the same materials and structure. The only main difference is that there is a handle on the Hurom and the color of the screen is different. Other then that, i don't think there is any other difference.

I read so many great testimonials for the Hurom that i decided to buy one. (P.S. – I recommend buying a **silver juicer** over white b/c the white stains with carrots. Silver will not stain!)

(P.S – I became friends with the ladies at... JuicersGaloreStore.com. Since i purchased a juicer and forwarded my family members to them, they gave me a family and

weight loss, as you get more vitamins and enzymes in your juice. The Breville and Jack Lallane use a high speed and therefore oxidizes the juice and destroys vitamins and enzymes.

2. I spend 50% less money on vegetables with the Hurom. I used to use a Jack Lalanne and i spent hundreds of dollars more a month on vegetables.

3. I can juice wheatgrass and leafy greens with the Hurom. Centrifugal juicers like Breville and Jack Lalanne can't juice wheatgrass or leafy greens.

4. The Hurom is better for people who need enzymes for weight loss. Enzymes break down fat.

friends discount ...if you use the discount code when checking out “ **savemoney**”? you will save \$15 on your purchase. i don't know if they advertise that coupon anymore to anyone else..., but the code “**savemoney**” at checkout may still give you \$15 off.)

I'll keep you updated on my journey – Check back often as i update my blog.

May 2012

I've now had my juicer for about a year and a half. I've been faithfully juicing for weight loss. The **Hurom juicer** has been doing very well for me. It is easy to clean. It makes delicious juice.

The best thing!

I spend about 50 % less on fruits and vegetables monthly. As before i got the **Hurom** i was trying to juice with the Jack Lalanne Juicer. I was spending much more on veggies with that juicer. I used to spend about \$400 a month on veggies. But with the **Hurom** i spend about \$200 a month to juice several times a day. I learned, it's better to spend money now on veggies, then have to spend thousands on medical care later on in the future!

I've been juicing at least 4 times a week. I eat organic foods, i switched pastas to Shirataki noodles and learned also how to make pasta from raw zucchini cut into fettuccine noodles. I also buy raw veggie chips in the raw food section at whole foods instead of regular corn chips. I make salads with these chips. I lost about 27 pounds the first 5 months without doing a fast.

I then went to a holistic medical center and they talked me into doing juice fasting to really lose the weight.

I did two 35 day juice fasts and lost thirty pounds during each fast. My doctor is thrilled, my lab results show lowered cholesterol and blood sugar levels. I am off insulin now.

July 2012 Update

Lost another 15 pounds on another juice fast. I have been juicing and working out. I go outside nightly and walk around the block several times. I think i walk about 1 mile every night.

People do not recognize me anymore. My friends look at me and don't recognize me when i walk up to them, they kind of do a double take and ask me if it's really me. It's been really nice to feel more comfortable in my body.

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